



HIGHLAND INSIDER

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MAYOR & CITY COUNCIL CORNER

Highland City Web & Social Media Committee

Earlier this year the city council approved the formation of a 'Web & Social Media Committee' which has two primary objectives:

- Increase the level of engagement between residents and city (staff and elected officials)
- Improve the experience of residents who utilize the city's web and social media sites.

If you have been to our website, looked at our Facebook page, or watched for tweets you know that there is room for improvement. City staff and council members are excited that we have the opportunity to benefit from the skills of three very talented Highland residents; Brent Beckley, Brian Parrish, and Linda Walton to make progress on these two goals.

We want to highlight the positive things that are happening in our community. For example, did you know that on August 5th, Jeremy Barlow, a Highland City seasonal employee, rushed to the aid of a father who was pulling his three year old daughter out of the pond in the Highland Glen Park? He recognized immediately that she was not breathing and initiated CPR. After over forty compressions the child was revived.

How many of you noticed how clean the park was during the Highland Fling this year? Did you know that this was largely thanks to the efforts of Carter Walch, a 17 year old youth, who organized the clean-up committee that picked up trash and emptied garbage cans during the event? He also stayed with the late shift till midnight on Saturday to ensure that the grounds were in their normal pristine state following the event.

If you have stories to share, or ideas on how to improve our website, Facebook page, LinkedIn presence, or otherwise improve the level of engagement between local government and residents please feel free to share your thoughts with the committee by sending an email to highlandcity.engage@gmail.com or calling Rod Mann (801-318-7141), the city council committee representative.

Councilmember Rod Mann

If you have any questions you can email the Mayor at mayor@highlandcity.org. The Mayor is available at the City on Tuesdays from 8:00 a.m. to 12:00 p.m. If you would like to discuss an issue please call Jody at (801) 772-4505 to schedule an appointment.

Reduce Water Usage in September

The Utah Department of Environmental Quality is asking for Utahns to scale back on how frequently lawns are being watered. Lower temperatures in September reduce the need for watering to approximately once per week. Please adjust your individual sprinkler system and make it a habit to follow recommended watering requirements based on temperature, precipitation, type of soil, etc. For more information, visit the Utah Division of Water Resources Web site at:

www.conservewater.utah.gov/

Green Waste

Timpanogos Special Service District (TSSD) will not be accepting green or wood waste as of August 11, 2014. This is a temporary measure until further notice. TSSD has an excess amount of green-waste/wood waste which can result in increased odor potential and poses a fire hazard. Greenwaste/wood waste can be disposed of at the Northpointe Transfer Station at their current fee rate. We are sorry for any inconvenience this may cause.



Jeremy Barlow receiving a Appreciation Award from Mayor Thompson at the August 19 City Council Meeting

CITY CALENDAR

September 1: Town Center Splash Pad is now closed for the season, 8:00 p.m.

September 3: City Council*, 7:00 p.m.

September 16: City Council*, 7:00 p.m.

September 23: Planning Commission*, 7:00 p.m.

*Access to Statewide Public Notifications, including City Council, Planning Commission and Committee Agendas, Meeting Minutes and various other notifications can be found at www.utah.gov/pmn

PHONE NUMBERS

City Offices (801) 756-5751, 7:30 a.m. to 6:00 p.m. Monday - Thursday

Library (801) 772-4528

Justice Court (801) 772-4525

Police Department/Animal Control (801) 756-9800

Fire Department (801) 763-5365

After-Hours Public Works Emergencies (water, sewer, streets) (801) 420-2553

Republic Services (garbage and recycle pick-up, can repairs) (801) 785-5935

Report a concern, pay your bill, etc. on-line at: www.highlandcity.org

Community Newsletter items may be emailed to: emily@highlandcity.org by the 15th of the month to be considered for publication.

Highland City Foundation

The Highland City Foundation is a nonprofit, charitable corporation with Section 501 (c) (3) tax-exemption status. The Foundation's mission is to enhance the lives and well-being of the citizens of Highland by generating charitable contributions that will be used to create and support city infrastructure such as public park space, facilities, and trails. The Foundation anticipates supporting programs for youth, senior citizens, amateur athletics and the promotion of the arts. Tax-exempt donations can be mailed to 5400 W. Civic Center Drive, Suite 1, Highland, Utah 84003. The Foundation is currently financing two new volleyball courts as well as raising money for playground equipment and trash receptacles in City Parks. Please join our efforts!

Cemetery Decoration Clean-Up Policy

On the following days, the Highland Cemetery will be cleared of all flowers, trinkets, ornaments, lamps, shepherd-crooks, etc.:

1st Monday in March

2nd Monday in June

1st Monday in October

1st Monday in December

1. On the above days, all flowers (real or artificial) will be thrown away and other items such as trinkets or ornaments will be taken to the Public Works Shop and held for one (1) week so these items may be claimed by the owner; if items are not claimed within the week, the items will be thrown away.
2. All perishable items and dead flowers will be removed every week during the mowing times.
3. Mowing schedule: The cemetery will be mowed every Thursday (March – November). At this time, if any items are interfering with the mowers or items deemed to be a hazard to the cemetery employees they will be removed following the same policy as in item 1.
4. Watering Schedule: The Highland Cemetery is watered every evening from 9:00 p.m. to 10:00 a.m. During this time the sprinklers will run through watering cycle stations throughout the entire cemetery.
5. All floral arrangements shall be allowed for five (5) days, after which they may be removed by the city. Glass containers shall not be allowed. Any objects such as wires, sticks, pegs, or irons driven in to the ground shall not be allowed (City Ordinance 13.48.110, B)
6. Any items left on the graves must be on or within the borders of the marker, provided they do not interfere with the maintenance of the cemetery (City Ordinance 13.48.110, C)

It is the goal of Highland City and the City Staff to offer families and friends that visit their loved ones a clean, beautiful, and peaceful environment. Please help us maintain this goal by keeping your site clean. You can subscribe to the Highland City Cemetery Calendar online to receive notifications of upcoming clean-up dates. Please visit www.highlandcity.org

Back to School Safety Tips from the Lone Peak Fire Department

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to school.

Walking to school

Review your family's walking safety rules.

- Walk on the sidewalk, if one is available. When on a street with no sidewalk, walk facing the traffic.
- Before you cross the street, stop and look left, right and left again to see if cars are coming.
- Never dart out in front of a parked car.
- Practice walking to school with your child. Cross streets at crosswalks when available.

Riding a bicycle to school

Make sure your child always wears his/her helmet when leaving the house.

Make sure helmet is fitted and secured properly.

Teach your children the rules of the road:

- Ride on the right side of the road, with traffic, and in a single file.
- Come to a complete stop before crossing the street. Walk bike across street.

Riding the bus to school

Go to the bus stop with your child to teach them the proper way to get on and off the bus.

Make sure your children stand six feet away (or 3 giant steps) from the curb.

If your child and you need to cross the street in front of the bus, walk on the side of the road until you are 10 feet ahead of the bus. You always should be able to see the bus driver, and the bus driver always should be able to see you.

Stepping On Class focuses on reducing falls

"Stepping On" is a seven week workshop that builds strength, balance and confidence in an effort to reduce the number of falls for a person 65 and older. Among older adults falls are the leading cause of injury, hospital admissions, and death. More than one third of seniors experience a fall each year. Stepping On is an evidence based program that helps seniors become more aware of fall hazards and to learn how to reduce their fall risk. Three workshops are coming up in Orem, Springville, and Highland. The Highland class will be Thursdays starting October 2 from 1:00 p.m. to 3:00 p.m. and continue through November 13 at the Highland Community Center (5378 West 10400 North). Classes are free, but reservations are required (space and materials are limited). To register, please call 801-851-7095. The program is presented by the Utah County Health Department, and sponsored by Mountainland Aging and Family Services Department. Please contact Kim Doroghian, UCHD Health Educator at 801-851-7084 or Carrie Bennett, UCHD Injury Prevention Coordinator at 801-851-7035 for information

Highland City Arts Council

Drawing Basics, Highland City Arts Council is offering a basic drawing class on September 8 at 10:00 a.m. until noon at the



Community Center. Cost is \$20 or \$50 if you sign up for all three classes. We have a great teacher for this class. Sharon Cannon has a masters degree in art from BYU and is a very experienced teacher. This class will be followed by a perspective class on September 15 and a watercolor class on September 22.

Perspective Class, This is a great class for learning how to get your perspective correctly placed. This class is taught by Sharon Cannon, an experienced art teacher with a masters degree in art from BYU. Sharon taught school for many years, and has sold her art in Orem, American Fork, St. George and Laguana Beach.

You will love her teaching methods. To register Call Shauna 801-756-9614. \$20 per class or \$50 for all three classes taught in September (Basic Drawing, Perspective and Watercolor). September 15 at 10 am at the Community Center Be sure to call for your reserved spot in this class .

Watercolor Class, This is a very popular class for both beginning and experienced watercolorists. The teacher for this class is Sharon Cannon. You can see her work at City Hall. Sharon has a masters degree in art from BYU and is an excellent teacher. To register Call Shauna 801-756-9614. \$20 per class or \$50 for all three if you sign up in advance. September 22 at 10 a.m. at the Community Center

After School Art Club held at the Community Center, Mondays from 3-4:30 p.m., Sept 8, October 6, November 10, and December 1. Instructions in various mediums including cartooning, water color, acrylic, colored pencil, pen and ink, zen art, scratch art, etc. \$10/time. Ages 8 and up. A schedule will be published at www.highlandcityarts.org or call Shauna at 801-756-9614 to register

Friends of the Arts, Meetings are held twice a month on the second and third Wednesdays. On the Second Wednesdays we have a Guest Artist, 10:45–1:00 p.m. (Come early so we can start at 11). The third Wednesdays are Workshops, 11:00–2:00 p.m., choose your project & potluck lunch. We also take offsite tours throughout the year.

Membership Policy: \$25 a year, September through May OR \$5 a month OR \$3 a meeting (visitors: first visit is free, then pay a membership fee). We are always looking for new members and you can contact Corene Bennett at 801-768 9643 or Jo Sudweeks 801-756-9717 for further information or to register. VISITORS WELCOME!!

Highland Beatification Committee

The Beautification Committee has hit a groove. We have helped clear more city Adopt-a-patches spaces to get them ready for adopted by fellow highland residents. The "patch" at the entrance to the cemetery is still in need of adoption. The Adopt-a-patch program is working and is a fun way to make a



beautiful difference in our community.

We have selected 3 more homes for the September Yard of the Month. These homes were nominated by their neighbors and are well worth noticing: Rex and Dorothy Lee (10469 N 6400 W), Steven and Jeanie Westover (5920 W 10550 N), and John and Trish Allen (10544 Aberdeen). Congratulations and thank you for making such beautiful spaces.

Upcoming events to look forward to are a tree class in September and weekly beautification projects. Location, dates and times are pending. Signup for e-mail notifications at Highlandcity.org thru the parks committee. Updates will be posted through this convenient system. For any questions you can contact Laura Dawson at 801-310-1009 or Highlanddawsons@comcast.net

Recreation Programs

Highland City participates with [Cedar Hills City Recreation](http://CedarHillsCityRecreation.org). All youth sports and recreation programs are available with no additional non-resident fees.

Jr. Jazz Youth Basketball

Jr. Jazz allows boys and girls from third grade up to eighth grade to develop skills and learn good sportsmanship while having fun. Registration runs October 4 through December 2 on [SportSites](http://SportSites.org), with late registration available through early December as space permits. The game season runs early January through mid-March. Questions? Contact the Cedar Hills Recreation Department at 801-785-9668, ext. 302, or e-mail: recreation@cedarhills.org.

Lone Peak Jr. Knights Girls Basketball

All girls going into grades 4-8 who will attend Lone Peak High School are invited to attend an informal tryout/clinic on Sept. 2 and 4 at the Lone Peak High School main gym. The free tryout/clinic is from 5:30-7:00 p.m. on both days. More information is available on the Lone Peak Jr. Knights Girls Basketball Facebook page or by contacting Wendy Call at 801-369-2871

Flag Football Officials Needed

Flag Football games are played on Tuesday, Wednesday, Thursday evenings and Saturday mornings at Lone Peak Park. Officials need to be 16 years or older, pay is \$10 per hour. Anyone interested should contact Laurie Anderson at landerson@cedarhills.org or 801-785-9668 ext. 302.

Seasonal Parks Maintenance Works Needed

Highland is seeking qualified individuals to fill positions for Seasonal Park Maintenance Workers. Hours: Monday - Thursday, 7:00 a.m. - 5:30 p.m. (Students can work afterschool instead of the 40 hour shift). This is a seasonal position through October. Pay Rate is \$10.00 per hour. Please go to www.highlandcity.org to apply. You can start working immediately. For more information, please call Public Works at (801) 772-4523.

Garbage Pickup Delayed

The first week in September, garbage pickup will be delayed one day, due to the Labor Day. Please have toters at the curb by 7:00 a.m. on Saturday, September 6.

Library News

Storytime: Storytime registration began on August 26th. To check availability or to see this week's theme, get online @ www.highlandcitylibrary.org. Register online or call 801-772-4528 to register. The general combined Storytimes are on Tuesdays or Wednesdays at 10:30 a.m. Due to schedule changes, this year welcome our new Toddler Time teacher, Ms. Carol! Preschool Storytime and Toddler Time classes are only on Thursday mornings at 10:30 a.m. All class sizes are limited!

Storytimes begin on the week of September 2nd and run for five weeks. Registration for the next five week session begins on September 30th!

Library Youth Advisory Committee (L-YAC): Now accepting applications for an all new L-YAC (ages 12-18)! The Library Youth Advisory Committee is evolving. Formerly, there were just four presidency positions. Now there are openings for 10! PLUS, Club Chairs, committee members, and more! Applications are due by Wednesday, September 10th at 9:00 p.m.!

L-YAC members help our community through involvement in library planning, purchase suggestions, and running events and programs for local teens. They receive service hours, leadership experience, and can receive letters to prospective colleges or employers. Applications are available on our website at www.highlandcitylibrary.org OR on our blog at www.highland-yac.blogspot.com.

More questions? Call Michelle at 801-756-5751 ext. 1001 or email at michelled@highlandcity.org.

Literacy Kits Now Available!

The Highland City Library is pleased to announce the creation of fifteen different literacy kits designed to help toddlers and preschoolers develop early literacy skills. Each kit has four books, a music CD, a toy or manipulative, finger plays, songs, and ideas for crafts, activities, and games that teach children about a specific theme. Kits can be found at your library near the Reference, Foreign Language, and Hold Shelves. Each kit checks out for up to three weeks at a time.

The themes include: ABCs, Animal Sounds, Bugs, Colors and Shapes, Feelings, Five Senses, Healthy Foods, Music and Dance, My Family, Numbers and Counting, Ocean, Pets, Rhyme Time,



Seasons, and Weather. Kits can be checked out for three weeks. Funding for the kits was provided by a CLEF (Community Library Enhancement Fund) grant from the Utah State Library.

"We are grateful to the State Library for providing the funding for this important and exciting project. These kits will engage children in fun, interactive learning and are a great resource to our community," stated Blythe Shupe, Library Board Chair. To learn more about these literacy kits and the Highland City Library please visit: <http://www.highlandcitylibrary.org>

Highland DUP Cabin

We are very grateful for the many people who have visited the cabin this summer! Our Saturday openings have been very successful and will be in place again next summer. Special thanks goes to the Utah Division of Art & Museums for their \$1,000 grant money to begin the work to fix up the cabin. Scouts who are currently working on the cabin as their Eagle projects include Liam and Andrew Eccles, Spencer Vic, Jake Sumner, and John Savage. We appreciate them and everyone who is helping them. We appreciate the many donations of time, materials, and money we have received. The repairs wouldn't be possible without them. Donations may still be made by calling Donna Kitchen at 801-756-6579.



Please visit the cabin from 12:00-2:00 p.m. on Saturday, September 27th (National Museum Day) to view the improvements.

Depression and Anxiety Conference

My name is Nathan Kaylor and I am doing a conference on Depression and Anxiety at Lone Peak High School on September 26, 6:00 - 8:00 p.m., for my Eagle Project. Depression can be a difficult burden to bear and many who are struggling find themselves without the tools, resources, or knowledge to combat it. I had depression and high anxiety for two and half years before telling anyone. At this point I was close to suicide and struggling to cling to life. At this conference I will have a panel of key-note speakers made up of professionals who know how help. Booths will be in the Commons Area with resources for healing and the panel discussion will take place in the Cafeteria from 6:30-7:30 p.m. Expect to hear from Traditional and Holistic therapies as well as school representatives. For more information, call Nathan at 801-319-2764 or nathan.13.kaylor@gmail.com